

Pattern Identification According to Qi and Blood

Pattern identification according to qi and blood is a commonly used method for pattern identification which analyzes manifestations obtained from the four diagnostic methods by taking the healthy functioning and pathological characteristics of qi and blood as its guiding principles. This type of pattern identification is used for disorders without obvious cold or heat manifestations.

In clinical practice, common pattern types are classified into three basic groups. They are shown in Table 8.1.

Table 8.1 Common Qi and Blood Disorder Patterns

Qi Disorders	Blood Disorders	Combined Qi and Blood Disorders
Qi Deficiency	Blood deficiency	Qi deficiency-blood deficiency
Qi Fall	Blood stasis	Qi deficiency-blood stasis
Qi Stagnation	Blood heat	Qi-stagnation-blood stasis
Qi Reversal	Bleeding	Qi failing to contain blood in vessels
		Qi collapse followed by blood collapse

I. PATTERNS ACCORDING TO QI

Common patterns in this category can be caused by a deficiency, falling, stagnation, or reversal (upward counterflow) of qi.

1. QI DEFICIENCY

Qi deficiency pattern causes poor functioning of the internal organs (See Table 8.2).

Table 8.2 Qi Deficiency Patterns

Common Pathogenesis	
Qi deficiency	
Manifestations	Systematic Pathogenesis
Lassitude, listlessness, shortness of breath, no desire to speak, low voice	Hypofunction of the internal organs leading to poor invigoration of the physical body and the vitality
Dizziness	Poor promotion of blood circulation to nourish the brain
Spontaneous sweating	Poor consolidation of the exterior
All manifestations aggravated after exercise	Exercise consuming qi
Pale or pink tongue	Inability to guide qi upward and nourish the tongue
Weak pulse	Poor promotion of blood circulating in the vessels

2. QI FALL

Qi fall refers to a condition based on the deficiency of qi marked by prolapse of the viscera. Qi fall patterns are discussed in Table 8.3.

Table 8.3 Qi Fall Patterns

Common Pathogenesis	
Qi deficiency	
Manifestations	Systematic Pathogenesis
Lassitude, listlessness, shortness of breath, no desire to speak, spontaneous sweating, pale tongue, weak pulse	Hypofunction of the internal organs, poor consolidation of the exterior of the body, and poor promotion of blood circulation
Prolapse of the uterus, rectum, stomach, and kidneys	Deficiency of spleen qi leading to inability to consolidate the internal organs

3. QI STAGNATION

In general, qi stagnation can be caused by emotional depression, improper food intake, an attack of external pathogens, sprain and contusion, or an obstruction by pathological by-products such as damp, phlegm, phlegm fluids, blood stasis, and stones. The qi stagnation patterns displayed in Table 8.4 are mainly brought about by emotional depression, which is closely related to liver qi stagnation.

Table 8.4 Qi Stagnation Patterns

Common Pathogenesis	
Liver qi stagnation	
Manifestations	Systematic Pathogenesis
Distending pain occurring in the chest, hypochondrium and abdominal region, frequent sighing	Qi flow stagnating in a localized area of the body
All manifestations aggravated or relieved by emotional changes	Qi flow becoming smoother as emotions improve, and vice versa
Wiry pulse	Qi flow stagnating in the blood vessels

4. QI REVERSAL

The formation of qi reversal is based on qi stagnation. Lung qi reversal can be caused by an attack of external pathogens or an accumulation of phlegm and phlegm fluids; stomach qi reversal commonly results from an accumulation of cold, heat, phlegm fluids, food stagnation, or blood stasis; liver qi reversal often arises from emotional depression, and possibly violent rage. Qi reversal patterns are discussed in Table 8.5.

Table 8.5 Qi Reversal Patterns

Manifestations	Common Pathogenesis	Systematic Pathogenesis
Cough, asthma, or breathing with difficulty and expectoration of sputum	Dysfunction of the lung in dispersing and descending	Reverting lung qi
Nausea, vomiting, belching, acid reflux and hiccups	Dysfunction of the stomach in regulating and precipitating	Reverting stomach qi
Headache, dizziness, vertigo, tinnitus, sighing, sudden loss of consciousness, or possibly expectoration of blood	Dysfunction of the liver in spreading and precipitating	Reverting liver qi

II. PATTERNS ACCORDING TO BLOOD

Common patterns related to blood disorders can be caused by a deficiency, stagnation, or heat in the blood level and bleeding.

1. BLOOD DEFICIENCY

Insufficiency of blood can be due either to the loss of blood or the poor production of blood. The former includes various kinds of bleeding, such as those caused by menorrhagia,

emotional distress, or a chronic illness that consumes blood. Blood deficiency due to a poor production of blood is caused by the factors such as dysfunction of the spleen and stomach in transforming and transporting and inadequate nutritional intake leading to a poor source of blood. Blood deficiency patterns are reviewed in Table 8.6.

Table 8.6 Blood Deficiency Patterns

Common Pathogenesis	
Blood deficiency	
Manifestations	Systematic Pathogenesis
Sallow complexion or pale face	Poor nourishment of the face
Dizziness	Poor nourishment of the brain
Pale lips and tongue	Poor nourishment of the lips and tongue
Numbness, pale nails	Poor nourishment of the body and extremities
Palpitations	Poor nourishment of the heart and spirit
Scant menstruation of a light color, delayed menstrual cycle, and possibly amenorrhea	Poor source of menstrual blood
Thin pulse	Poor filling of the blood vessels

2. BLOOD STASIS

Blood stasis can be caused by traumatic injury leading to bleeding, by qi stagnation leading to an obstruction of the blood circulation, by qi deficiency leading to poor promotion of blood circulation, by excess cold leading to a constriction of the blood vessels, or by excess heat or phlegm fire leading to an accumulation of blood. Blood stasis patterns are reviewed in Table 8.7.

Table 8.7 Blood Stasis Patterns

Common Pathogenesis	
Blood stagnation	
Manifestations	Systematic Pathogenesis
Stabbing pain fixed in the affected area	Obstructed flow of both qi and blood
Ecchymosis, petechia, bruises	Blood leaking out of the blood vessels, but retained in a localized area
Abdominal accumulations (inflammatory or non-inflammatory masses, tumors, or cancers)	Accumulation due to blood stasis

Scaly and dry skin, dusky face	Poor nourishment of the skin
Pain in the lower abdomen during menstruation, scant menstruation with blood clots	Obstructed menstruation
Purple tongue and choppy pulse	Obstructed flow of both qi and blood

Blood stasis is clinically classified into the four subcategories shown in Table 8.8.

Table 8.8 Blood Stasis Pattern Types

Pattern Types	Manifestations	Pathogenesis
Qi deficiency	Pale or sallow complexion, lassitude, listlessness, low voice and no desire to speak, spontaneous sweating, hemiparesis, stabbing pain, hemoptysis, no pulsation in the upper limbs or lower limbs, pale purple tongue or purple spots on tip or both sides of tongue	Qi deficiency leading to an inability to promote blood circulation
Qi stagnation	Irritability, sighing, accumulation in the hypochondrium without migration, abdominal masses, subcutaneous varicose veins in the abdominal wall, vascular spiders in the skin, dysmenorrhea with dark-colored menstruation, amenorrhea, and wiry choppy pulse	Liver qi stagnation leading to obstructed circulation of blood
Accumulation of excess cold	Cold limbs with pale or blue-green color in the skin, pain in the limbs and abdomen with cold sensation relieved by warmth, but aggravated by cold, delayed menstruation, or lack of circulation in the upper and lower limbs	Constriction of the blood vessels by accumulated cold leading to obstructed blood circulation
Accumulation of excess heat	Pain in the body or limbs relieved by cold; various skin infections marked by redness, swelling, hot sensation and pain in the affected area; abdominal pain, tenderness, irritability, constipation, scant dark urine, dark red tongue, rapid pulse	Excess heat accumulating in the blood vessels leading to an obstruction of the blood circulation

3. BLOOD HEAT

Blood heat pattern refers to a pattern occurring in the blood system and is marked by excess heat compressing the blood out of the vessels. Blood heat patterns are reviewed in Table 8.9.

Table 8.9 Blood Heat Patterns

Common Pathogenesis	
Excess blood heat	
Manifestations	Systematic Pathogenesis
Bleeding in various locations in large amounts and dark red in color	Excess heat damaging the blood vessels leading to extravascular bleeding
Irritability, insomnia	Excess heat stirring the mind
Thirst	Excess heat impairing yin fluids
Dark red tongue and wiry rapid pulse with forceful beat	Rapid circulation of blood and overfilling of the blood vessels

4. BLEEDING

Bleeding can be found in blood heat patterns, blood stasis patterns, qi deficiency patterns, and qi collapse patterns (see Table 8.10).

Table 8.10 Bleeding

Pattern	Characteristics of Bleeding	Complex Manifestations	Tongue Condition	Pulse Condition	Pathogenesis
Blood heat	Red, thick, and sticky	Fever, flushed face, thirst, irritability, constipation, dark scant urine	Red	Rapid	Excess heat damaging the blood vessels
Qi deficiency	Light red and thin	Pale face, poor appetite, loose stools, lassitude	Pale	Weak	Qi deficiency leading to dysfunction of the spleen in keeping blood in the vessels
Blood stasis	Dark red and thick, even with clots	Stabbing pain in fixed area, ecchymosis, petechia	Purple	Choppy	Stagnated blood obstructing the blood vessels, causing bleeding
Qi collapse	Heavy	Sudden paling of face, profuse cold sweat, cold limbs	Pale	Distinct	Qi collapse leading to yang exhaustion

III. PATTERN IDENTIFICATION FOR COMBINED QI–BLOOD DISORDERS

In some cases, a qi disorder may be combined with a blood disorder. The common patterns of qi-blood disorders are shown in Table 8.11.

Table 8.11 Qi-Blood Disorders

Pattern	Manifestations	Pathogenesis
Qi deficiency-blood deficiency	As seen in Tables 8.2 and 8.6	Qi deficiency leading to poor production of blood; blood deficiency leading to poor production of qi
Qi deficiency-blood stasis	As seen in Tables 8.2 and 8.7	Qi deficiency leading to obstruction of blood circulation
Qi-blood stagnation	As seen in Table 8.4 and 8.7	Qi stagnation leading to obstructed circulation of blood
Qi deficiency-bleeding	As seen in Tables 8.2 and 8.10	Spleen qi deficiency failing to keep blood circulating in the vessels
Bleeding→qi collapse →yang exhaustion	As seen in Tables 8.10 and 6.28	Qi collapse following blood collapse; yang exhaustion followed by qi collapse